



## Take it Outside!



### on a guided hike of the Table Rocks

Are you curious to learn how these flat-topped mesas were formed? Would you like to see an abundance of beautiful wildflowers or take in the spectacular view from the top? Discover nature on an educational, guided hike of the Table Rocks led by specialists from the community. These hikes offer a wonderful opportunity to become immersed in the rich natural and cultural history of one of America's Great Outdoor Sites—the Table Rocks—right here in our own back yard!

The Nature Conservancy and the Bureau of Land Management are offering free guided hikes on weekends in April and May. Anyone is welcome to sign up. Hikes are free, but **reservations are required** and space is limited to 20 individuals, unless otherwise noted. Please contact the Medford District BLM at 541.618.2200 M-F 7:30–4:30 p.m. to sign up. **Please sign up by 4 p.m. the Friday before the hike.**

Hikes range from three to five miles roundtrip along a moderate grade trail and last three to five hours. Participants should dress for the weather and bring plenty of drinking water (none is available) and a lunch or snacks. Restrooms are available at both trail heads. To help protect this special place, dogs and mountain bikes are not allowed on the trail.

To view the full hike schedule, please visit the following Web sites:

Bureau of Land Management

<http://www.blm.gov/or/resources/recreation/tablerock/index.php>

The Nature Conservancy

<http://nature.org/trhikes>

Saturday, April 5

9:00 a.m. UPPER TABLE ROCK

***Caminata Familiar en español:*** Bridgette Cuffe, especialista de educación ambiental del BLM, será la guía para esa caminata naturalista familiar. Ella presentará información en español acerca de las plantas y animales silvestres además de la ecología, geología e historia cultural de los Table Rocks.

Sunday, April 6

9:00 a.m. at UPPER TABLE ROCK

***K'oyóoxinikʰ Titanakʰ ka'a I*** (*We are going together at Table Rock.*): Amy Amoroso, Natural Resource Director for the Cow Creek Band of Umpqua Tribe of Indians, will discuss the tribe's connection to southern Oregon and the Table Rocks. Learn what their natural resources program is doing to enhance, restore, and manage natural resources and tribal lifeways for future generations.

Saturday, April 12

9:00 a.m. at LOWER TABLE ROCK

***Wildflowers Abound:*** Barbara Mumblo, botanist with the U.S. Forest Service, Siskiyou Mountains Ranger District and member of the Native Plant Society of Oregon, will lead a hike to discover the dazzling array of wildflowers found on the Table Rocks.

Sunday, April 13

9:00 a.m. at UPPER TABLE ROCK

***Powerful Pollinators:*** Find out what all the buzz is about by joining Sarah Red-Laird, a.k.a. Bee Girl, who will explain why pollination is essential for our survival. On this family-friendly hike learn about the birds and the bees and their relationship with the wildflowers and trees that produce a rainbow of colors on the Table Rocks. ***Limited to 15 individuals.***

Saturday, April 19

9:00 a.m. at UPPER TABLE ROCK

***Layers of Time:*** Jad D'Allura, Emeritus Professor of Geology at Southern Oregon University, will talk about the formation of the Table Rocks and the unique geological features observed along a hike to the top of this ancient lava flow.

Saturday, April 26

8:00 a.m. at LOWER TABLE ROCK

***For the Early Bird:*** Bob Quaccia, local bird expert with Rogue Valley Audubon, will take you to view the spring birds of Table Rocks. Learn I.D. tips and conservation information. Bring binoculars and I.D. books if you desire. ***Limited to 15 individuals.***

Sunday, April 27

9:00 a.m. at LOWER TABLE ROCK

***Mighty Oaks!*** Join Keith Perchemlides, Field Ecologist with the Nature Conservancy, to explore a remarkable diversity of oak habitats including savannas, woodlands and shrublands. Oaks of all shapes and sizes are vital to the lives of wildlife, other plants, and people. Research and conservation partners including the Conservancy, BLM, Lomakatsi Restoration Project and Klamath Bird Observatory are finding 100+ reasons to love them—learn why you should too!

Saturday May 3

7:30 p.m. at UPPER TABLE ROCK

***Eye on the Night Sky:*** Join Kevin Ratkovich, president of the Southern Oregon Skywatchers, on a night hike to look for Mars, Jupiter, and other celestial bodies! The Southern Oregon Skywatchers was founded in 1993 with the goal of making astronomy fun and accessible to the public. Club members have since shared the wonders of the night sky with hundreds, perhaps thousands, of people of all ages. Please wear sturdy shoes, and bring a flashlight and binoculars, if you have them.

Sunday, May 4

9:00 a.m. at UPPER TABLE ROCK

***Spring in Bloom:*** Celebrate National Wildflower Week with **Chamise Kramer**, botanist at the BLM and explore the valley's beautiful native flora and wildflowers of the Table Rocks.

Saturday, May 10

9:00 a.m. at LOWER TABLE ROCK

***Grand Ronde Tribes, Past to Present:*** Join **Michael Karnosh**, Ceded Lands Program Manager at the Confederated Tribes of the Grand Ronde, to learn about traditional and culturally important plants of the tribes whose ancestors include the original residents of the Table Rocks area. He will also discuss modern day Tribal management of conservation properties and partnerships with government agencies, land trusts, and other groups.

Saturday, May 10

7:30 p.m. at LOWER TABLE ROCK LOOP

***Night Owls:*** **Steve Godwin**, wildlife biologist with the BLM, will listen for the sounds of the night from dusk 'til dark on a jaunt around the Lower Table Rock Loop Trail (1/2-mile accessible trail). Steve will attempt to lure pygmy, great horned, and screech owls—no guarantees! A short presentation of the common owls in this area and their unique characteristics and adaptations will precede the hike. Bring your flashlights and good hiking shoes!

Sunday, May 11

9:00 a.m. at UPPER TABLE ROCK

***Mother's Day—General Family Hike:*** Spend Mother's Day with a BLM environmental interpretation specialist on a family hike to the top of the rock! This is a general information hike suitable for the whole family. Topics will include wildflower identification, ethnobotany, geology, wildlife, ecology, and cultural history.

Saturday, May 17

9:00 a.m. at UPPER TABLE ROCK

***Incredible Insects and Spectacular Spiders!:*** **Dr. Peter Schroeder**, Associate Professor of Biology and Entomologist at Southern Oregon University, will lead a hike to explore and discuss the amazing six- and eight-legged animals found on and around the Table Rocks.

Sunday, May 18

9:00 a.m. at UPPER TABLE ROCK

***Wacky Weather:*** Join **Alan Journet**, Co-Facilitator of the Southern Oregon Climate Action Network (SOCAN), for a hike and discussion of climate change projections for the Rogue Valley and the potential consequences of these on the Table Rocks and other natural and agricultural systems.